

Practice Enhancement Updates

- As an organization we are providing information on how to link your Christ Hospital Health Network MyChart with your MyChart accounts from other organizations
- Reduce wait times on the phone by signing up for a MyChart account today.

Ask us about proxy access for your child too. For more information, please see a staff member or call (513)564-1390.

Patient Satisfaction Scores

Overall Patient Experience survey score: Practice continues to work on: (Inform of wait times in the office, how the care provider cared for you) average overall score is **100%**.

PRACTICE UPDATES

Please join us in Welcoming our new physician: Dr.Emily Neaville. Dr.Neaville started Jan 10th.

Celebrate our Birthdays; Jan 10th, Amber Heineke, Front Desk; Jan 20th, Mickell Beasley, Medical Assistant; Feb 25th, Amberly Oldendick, Front Desk; Feb 25th, Angela Johnson, Practice Manager

HEALTHY Habits

Winter's chill can zap the heat out of your exercise routine

Less daylight and winter weather can feel limiting this time of year. Need some ideas to warm up your physical activity?

- **Try some new indoor options.** Check out pickleball, dancing, mall walking, skating or stair climbing. Invest in a trainer or a new class.
- **Make use of TV time.** Try jogging or skipping in place while you watch your favorite show. Do squats, push-ups or burpees during the commercial breaks.
- **Boogie wonderland!** Dance to your two favorite current songs and three you haven't heard since "back in the day" and you've got yourself a 20-minute workout while dinner is in the oven!
- **Create a home gym.** You can set up a great workout area in your living room or basement. Buy some inexpensive equipment like stretch bands, hand weights or a stability ball.
- **Visit a library (or check out online videos).** Sign out free exercise DVDs, including dance, step, aerobics and Pilates programs. When returning a DVD, choose another kind of exercise to keep you motivated. Variety helps!
- **Clean up.** Active housework like vacuuming or sweeping counts! Cross it off your list of chores while you keep fit.
- **Set a spring goal.** Now is the time to train for that springtime 5K race or walk you've always wanted to try.
- **Find a winter buddy.** Line up workouts with a friend or neighbor to encourage each other to stick with it and stay motivated.
- **Plan your exercises a week in advance.** Create a weekly exercise plan so you don't put off activities. On Sunday night, write down your exercise schedule for the next seven days. Choose exact workout routines, activities or exercises for each day and how long they will be. Knowing what you're scheduled to do ahead of time makes it easier to stick to it.

If you are going to brave the great outdoors in wintery weather, be safe!

- Even in the cold, remember to hydrate and to warm up to prevent injuries.
- If walking or jogging at night, wear reflective gear so motorists can see you. Invest in a headlamp or flashlight to light your path.
- Dress for the weather! Cold temperatures, strong winds and damp conditions steal your body heat. Layers of clothing trap the heat and protect you from cold weather hazards like hypothermia or frostbite. Resist the urge to start layering with cotton – once wet with sweat or snow, moisture is trapped and will make you feel colder. For your first layer, choose moisture wicking fabrics that pull sweat away from your skin. Next, add a layer of fleece. Finally, top with a thin wind- and water-resistant layer.